



BALANCE AND FALLS SIG

Monthly Newsletter

July 2019

Inside the Issue

CURRENT PROJECTS

NFPAD TOOLKIT

The NFPAD Toolkit is complete! It is being uploaded to a website hosted by AGPT for access.

NCOA/AGPT TASK FORCE

NCOA/AGPT Task Force

The survey on use of STEADI, other fall prevention outcomes, and referral to Community Based programs is ready to roll out and will be disseminated soon! Dr. Jennifer Vincenzo (BFSIG Chair) served as lead on creating the survey alongside the AGPT and National Council of Aging headed by Tiffany Shubert. **Please participate when you receive an email.**

CSM 2020

We have several symposiums our executive committee members submitted that are accepted for Combined Sections Meeting for 2020!

1. The Role of Physical Therapists in Addressing CDC Public Health Priorities for Aging. Speakers: David Taylor, PT, DPT (Community Liaison of BFSIG), Jennifer Vincenzo, PT, MPH, PhD (Chair of BFSIG), Robin Lee, PhD, MPH –(Team Leader, Injury Prevention, CDC, Atlanta, GA), David Morris PT, PhD, CEEAA (UAB) Hadiya Green Guerrero, PT, DPT (Senior Staff Specialist, APTA)
2. Cross Collaboration to Reduce Preventable Falls: An Onc/Geri/Neuro Balance & Falls SIG Tri-Alliance Symposium. Speakers: Jennifer Vincenzo, PT, MPH, PhD, Earllaine Croarkin, PT, and Julie Schwertfeger, PT, DPT, MBA, PhDc
3. TUG and Beyond; Check out the Geri Balance and Falls SIG's Outcomes Measure Toolkit. Speakers: Elizabeth Wang-Hsu, PT, PhD (Research Liaison of BFSIG), Heidi Moyer, PT, DPT, CEEAA (Secretary of BFSIG), Haim Nesser, PT, DPT, CEEAA (NFPAD Toolkit Task Force Leader of BFSIG).

MONTHLY CHALLENGE



The Monthly Challenge is in full effect! Make sure to follow our twitter @AGPT_BF_SIG to get involved with each month's challenge or email agptbalanceandfallssig@gmail.com to get sent each month's challenge directly to you!

WEBINARS

The STEADI Initiative and Physical Therapy webinar was a sold out success! The good news.... The recording is available for on-demand viewing at this link

<https://geriatricspt.org/events/webinars/?recID=E9930C1E-5056-A04E-37277C3D8F8DAAC8>



The webinar Using the MyMobility Plan to Help Older Adults Stay Injury-free and Independent was also a sold out success! The recording is available for viewing on-demand via this link <https://geriatricspt.org/events/webinars/?recID=ED295275-5056-A04E-37244E9984A53839&op=purchase>

IN THE NEWS

Stay tuned for the CDC to release a *NEW* STEADI algorithm in the next few weeks!

Remember, September 23 is Falls Prevention Awareness Day!

The National Council on Aging has resources for you for NFPAD. <https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-day/>

AGPT's Evidence-Based Documents (EBD) Committee and the EBD Editorial Board, the Balance and Falls Special Interest Group, the AGPT/NCOA Partnership Task Force, and the Payment and Legislative Committee produced recommendations in response to the US Senate Special Committee on Aging's request for information on falls and fall prevention as they prepare to release an annual report on this topic in the coming months. This well-written document can be viewed here: http://geriatricspt.org/sl_files/C8074687-5056-A04E-372CD0FDE21D959B.pdf

NEW POSITIONS/OPPORTUNITIES TO VOLUNTEER

We are still accepting candidates for the upcoming positions of Nominating Committee Chair and Nominating Committee Member for 2019. If interested or wanting to request further information, please contact Anne Reilley (current Nominating Committee Chair) at amreilley@gmail.com

The BFSIG is currently looking for volunteers for the following opportunities: Technology Liaison: We are looking for a member of the BFSIG who is interested in technology related to balance and falls management including but not limited to wearable technology, computer/technology based interventions, and apps.

If you are interested in any of these opportunities, please sign up at APTA Engage <https://engage.apta.org/home>

Vincenzo, J.L. & Patton, S.K. (2019). Older Adults' Experience with Fall Prevention Recommendations Derived from the STEADI. *Health Promotion Practice*, Epub ahead of print; <https://doi.org/10.1177/1524839919861967>

Older Adults' Experience with Fall Prevention Recommendations Derived from the STEADI

The Centers for Disease Control and Prevention (CDC) Stopping Elderly Accidents, Deaths & Injuries (STEADI) toolkit is a national effort to prevent falls among older adults. Studies have been conducted on implementation of the STEADI, but no studies have investigated older adults' adherence to or perceptions of fall prevention recommendations delineated within the STEADI algorithm. Semistructured interviews were conducted with a purposive sample of older adults 6 months after attending a falls risk assessment. Seventy-nine percent accurately recalled their fall risk, 57% followed one or more recommendations, and 32% did not recall at least one recommendation correctly. The most common recommendation recalled and adhered to was exercise. No participants recalled or adhered to recommendations including medication review, taking time changing positions, vision check, podiatrist visit, or physical therapy. Thirty-two percent fell. Of these, 55.6% did not follow any recommendations.

This mixed methods study also found that older adults who self-referred to community-based falls risk screenings found that many older adults participated because they felt they were positively influencing society by working with students and the university. Six-month follow-up indicated many people were exercising, but no participants recalled or adhered to recommendations of medication review, vision check, podiatry visit, or physical therapy. Additionally, 32% suffered a fall and of those that fell, 55.6% did not follow any prevention recommendations.

The take home message?

- 1. Engage students to facilitate older adult engagement.**
- 2. Emphasize importance of follow-up for prevention recommendations.**

STAY CONNECTED &

*Get
Involved!*

IF YOU WOULD LIKE TO BECOME INVOLVED WITH THE SIG OR HAVE ANY
QUESTIONS/COMMENTS PLEASE REACH US VIA EMAIL AT
AGPTBALANCEANDFALLSSIG@GMAIL.COM.

*Chair: Jennifer Vincenzo, PT, MPH, PhD
Vice-Chair: Shweta Subramani, PT, MHS
Secretary: Heidi Moyer, PT, DPT, CEEAA
Nominating Committee Chair: Anne Reilley, PT, DPT
Research Liaison: Elizabeth Wang-Hsu, PT, PhD
Clinical Liaison: Haim Nesser, PT, DPT
Community Outreach Liaison: David Taylor, PT, DPT
Public Liaison: Angela Onyekanne, PT, DPT
PTA Liaison: Ashley Bell, PTA
Student Liaison: Holly Bennett, SPT*